

A Testimony of WRS

By Aimee M.-Former Client 5-26-2015

I entered WRS in January of 2009, and left in April of 2009. I entered WRS skeptical that the program would help me find the right path to recovery. I had already gone through a treatment program during a 9 month stint in the military, but my alcoholism proved to be more than the 3 week outpatient program could treat. After my release from the military, life became increasingly hopeless and unmanageable, although I tried to maintain sobriety by attending Alcoholics Anonymous. I proceeded to relapse numerous times until I realized it was time to attempt a long-term inpatient program. That is when I called upon WRS, and from the beginning expressed my feelings of hopelessness about my ability to recover and lead a self-supporting, adult life.

What the staff at WRS saw in me was so much more than I could ever begin to see in myself. With the small spark of hope they provided just by accepting me into the program, I entered with a motivation that I was never before able to muster. I went in with a plan to give 110% of myself to the process of recovery they were offering. I asked for more work than was being assigned in groups, and sought to work with my counselor in understanding many things about myself, and why I experienced so much of the pain and suffering I did. The fact that my counselor was willing and ready to help me on that personal journey opened a door into a realm of insight about my struggles and why they existed. I learned in that moment that the first key to recovery is insight and awareness. With the knowledge I gained, I began to embark on a long journey of recovery from the lenses in which I saw the world. I began to trust people and the process.

What WRS provided me was an opportunity, not only to learn how to stop drinking and stay stopped, but an opportunity to begin a recovery journey from all of the other chains that bonded me in my day to day life. Those chains were the reason I drank in the first place, and some of the chains I carried were added on as a result of my drinking. What I learned from the staff is that, if I was willing to put in the amount of effort I did in myself to find recovery and freedom, they were willing to put just as much effort and time into guiding me on my first steps of that journey.

It has been a little over six years since I left WRS, and remain sober to this day. Maintaining my sobriety did not end with my work in WRS. It came with years of working the 12 steps of AA numerous times, multiple years of one on one therapy, and living as a responsible adult. I have since entered a great paying job, found balance in my financial life, obtained a Bachelor's degree in Psychology, and I have developed more meaningful relationships than I have been able to keep track of. I have a full and thankful heart today, and my recovery has led me to the awakening that I am now ready and spiritually fit enough to embark on a new journey of reuniting with my family permanently. I hope to enter a Master's degree program in Clinical Mental Health counseling, and to begin a career counseling individuals that feel the same degree of hopelessness I once did. I will never forget where this journey of true recovery began, and it was with the roots that I planted in the Women's Residential Services program.